



More Than Food
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Nick 'The Knife's' Zesty Orange Beef Stir Fry

Last week Patrick, Luke and Ed headed out to the sticks to visit our esteemed butcher Nick 'The Knife'. He's actually a lot less scary than he sounds and he's been in the butchery business since he was knee-high to a grasshopper. Nick's big tip for this recipe is to put the steak in the freezer for 30 mins before you slice it and you'll be able to get paper thin slices really easily!

30 mins

lactose free

healthy

spicy



Garlic Clove
(2)



Red Chilli
(1 tsp)



Orange
(1)



Ginger
(1 tbsp)



Spring Onion
(2)



Flank Steak
(1)



Cornflour
(2 tbsp)



Egg Noodles
(1-2 nests)



Soy Sauce
(1½ tbsp)



Mangetout
(1 pack)



Lime
(½)



White Sesame Seeds
(1 tsp)

Ingredients

2 PEOPLE

ALLERGENS

Garlic Clove, chopped	2	
Red Chilli, chopped	1	
Orange	1	
Ginger, chopped	1 tbsp	
Spring Onion, sliced	2	
Flank Steak	1	
Cornflour	2 tbsp	
Egg Noodles	1- 2 nests	Gluten, Egg
Soy Sauce	1½ tbsp	Gluten, Soya
Mangetout	1 pack	
Lime	½	
White Sesame Seeds	1 tsp	Sesame

 Our fruit and veggies come straight from the farm so give them a little wash before using

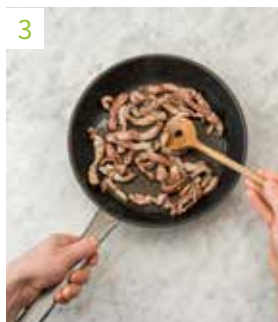
Did you know...

In California, it's illegal to eat oranges whilst having a bath!

Nutrition per serving: Calories: 502 kcal | Protein: 41 g | Carbs: 49 g | Fat: 16 g | Saturated Fat: 8 g



1 Boil a pot of water for the **noodles**. Peel and finely chop the **garlic** and the **red chilli** (remove the seeds if you like it less spicy). Grate a ¼ tsp of the **orange** zest and squeeze out its juice.



2 Hold the **ginger** in one hand and using the edge of a spoon peel off the skin. Now finely chop the **ginger**. Finely slice the **spring onions**, separating the white parts from the green.



3 Slice the **steak** as thinly as your knife skills allow. Coat the strips in half of the **cornflour** and a pinch of **salt** and **pepper**. Heat 1 tsp of **olive oil** on high heat in a non-stick frying pan. When the **oil** is really hot, stir fry the **steak** for 2 mins and then keep it to the side.



4 Cook the **noodles** in the boiling water with ¼ tsp of **salt** for around 4 mins. The noodles are ready when they are 'al dente' (i.e. they still have a hint of firmness left in the middle). Drain the **noodles** and put them back in the pot with cold water for later.

5 Mix together the **orange** juice and **soy sauce** in a small saucepan. Stir in the remaining **cornflour**, the **orange** zest and the 1 tsp of **sugar** (if you have some). **Tip:** *Make sure you mix it thoroughly so there are no lumps. Put the pan on medium heat, bring to a simmer and cook for 2-3 mins or until it has reduced down slightly.*

6 Heat 2 tsp of **olive oil** in your now empty non-stick frying pan on high heat. Once hot, cook the **garlic**, **ginger**, white parts of the **spring onion** and 1 tsp of chopped **chilli** (less if you like it mild). After 1 minute add in the **mangetout** and cook for 2 more mins.

7 Give your soy sauce mixture another good stir. Add your **steak** strips into the pan followed by the soy sauce mixture. Drain and add the **noodles** (don't worry that they're wet as this will add to your sauce). Toss everything together for 2 mins.

8 To serve squeeze on 2 tsp of **lime** juice and scatter over the **sesame seeds** and remaining green parts of the spring onion.